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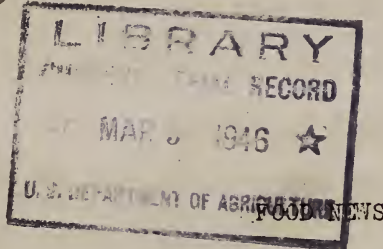
JANUARY 1946

SERVING MANY

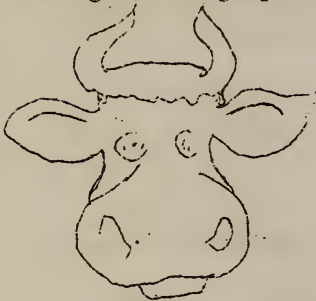
Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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Among the foods expected to be abundant in January throughout the country are roasting chickens and fowl, heavy tom turkeys, cabbage, white potatoes, oranges, and grapefruit. Egg supplies are steadily increasing too.



*Set aside back
for good & Choice
grades of Beef*

Civilian supplies of Choice and Good grades of beef, especially of rib roasts and steaks, will be limited by the set-aside order reserving 30 percent of these grades of beef for the military forces.

Enriched Flour and Bread

Supplies of breakfast cereals and wheat flour are plentiful and industrial feeding managers should be discriminating in their selection of these products. Whole-grain cereals and breads contain valuable minerals and vitamins and should be included regularly in cafeteria breakfast and luncheon menus.

Many of us prefer and eat white bread and highly milled cereals, from which most of the vitamins and minerals have been removed. The food buyer can aid in improving the diets of these persons by purchasing enriched bread, enriched or restored cereals, and by using enriched flour for cooking and baking. These products cost little or no more and the color and flavor are not affected, but their nutritive value is improved greatly.

The national enrichment program was inaugurated in 1941 and provides for the enrichment of white flour and bread with those nutrients largely removed in milling. The addition of thiamin (vitamin B₁), riboflavin (vitamin B₂), niacin, and iron in specified amounts to white flour and bread is required, and the addition of calcium and vitamin D is recommended but optional.

Flour is enriched by feeding a controlled amount of the enrichment mixture continuously into the mill stream.

Bread may be enriched in one of three ways:

1. Making it from enriched flour.
2. Adding a vitamin-mineral wafer to the mix. The wafers are made to give the desired enrichment to 100 pounds of flour and to fractional amounts.
3. Using high-vitaminized yeast.

The nutrients added to enriched flour, bread, and cereals are those in which workers' diets as a whole are inadequately supplied. The inclusion of more whole-grain products in the menu and the use of enriched flour and bread is a practical means of improving the dietaries and health of industrial workers.



Breakfast to Work On

Too many workers begin the day with little or no breakfast. This may be because they arise late and are in a hurry, have a long trip to work, or have no one to prepare breakfast. One reason that a worker's breakfast is omitted or is inadequate is because he does not realize the relationship of a good breakfast to his health and efficiency.

Food service managers have a challenge to counteract the habit of no breakfast or of an inadequate one. They should tell the story of "better breakfasts" to the workers by posters, table-tent cards, articles in the plant paper, talks, and personal interviews.

The most effective stimulus to workers to eat better breakfasts is to provide breakfast service at the plant. If food is available in the plant cafeteria at breakfast time, and is well-prepared and quickly served, many workers will take advantage of this opportunity to eat before they go to work.

The breakfast service may be simple and the menu limited but it should:

Provide appetizing and nutritious foods such as:

- Citrus fruits and juices and tomato juice
- Whole-grain and enriched cereals with milk
- Eggs
- Enriched and whole-wheat toast
- Coffee
- Milk

Serve foods that are cooked to order or prepared on a staggered schedule.

Display foods on a convenient neatly arranged counter.

Provide quick, efficient service.

Mental alertness and muscular efficiency remain at a higher level during the morning hours if workers eat an adequate breakfast. Dr. Haggard and Dr. Greenburg ^{1/} point out that: "High muscular efficiency is the objective and measurable accompaniment of a subjective feeling of well-being and vigor. The rise and fall of this efficiency is correlated also with the rise and fall of productivity among factory operatives performing manual tasks." And to quote again: "Our findings indicate that diminished productivity heretofore attributed to fatigue may in reality be dietary."

A study made in an ordnance depot in 1943 showed that the greatest number of accidents occurred in the morning hours between 11:00 a.m. and noon, and that an important reason was that few of the workers had eaten an adequate breakfast.



COOKING CHICKENS

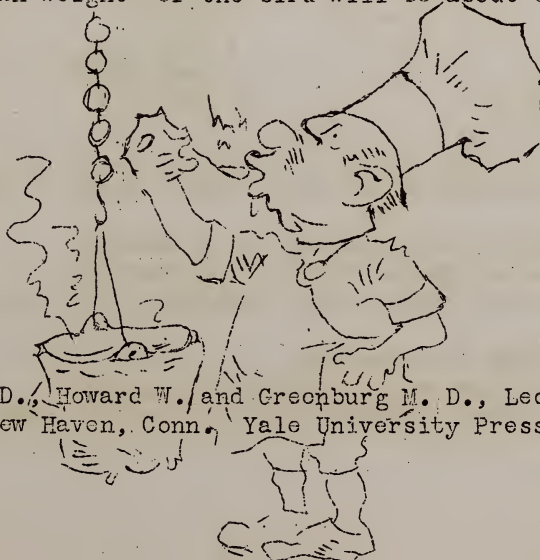
Roasting chickens and older fowl will be plentiful this winter. Industrial feeding managers can use the older fowl advantageously for stewing, braising, and extended dishes like chicken and noodles, creamed chicken, and chicken potpie.

Observe these rules when cooking chickens:

1. Cook at a moderate heat so the flesh will be juicy, tender, and evenly cooked to the bone.
2. Vary the cooking method according to the age and fatness of the bird. Lean, mature birds are suitable for braising. Old fowl need long slow cooking by moist heat such as stewing or steaming.

Poultry is very perishable. Keep uncooked poultry refrigerated. Chill cooked poultry quickly, keep it cold, and use it soon after it is cooked.

Most plant cafeteria managers buy chickens by "dressed weight" or undrawn with head and feet left on. When the entrails and the head and feet are removed, the "drawn weight" of the bird will be about one-fifth less than the dressed weight.



^{1/} Haggard M. D., Howard W. and Greenburg M. D., Leon A. - "Diet for Physical Efficiency." New Haven, Conn., Yale University Press, 1935.

CHICKEN RECIPES

Braised Chicken



Ingredients

Fowl, weighing 5 to 6 pounds each
Flour
Salt
Pepper
Cooking fat
Water

Amounts for
100 portions

75 pounds
2 pounds
2 ounces
2 teaspoons
1 pound, 8 ounces
4 quarts



Weight of serving - 6 ounces (including bone).

1. Singe the chicken, draw, and wash thoroughly in cold water.
2. Cut each chicken into 2 breast portions, thighs, and drumsticks. Reserve the backs and necks for soup or stewing.
3. Sift the flour, salt, and pepper together.
4. Dredge each piece of chicken in the seasoned flour.
5. Brown the chicken in the hot fat.
6. Place the browned chicken in a covered roasting pan, add hot water to cover the bottom of the pan and cook slowly in a 300° F. oven for about 3 hours or until tender.
7. Remove cooked chicken and make gravy from the drippings.

Savory Creamed Chicken

Ingredients

Cooking fat
Celery, diced
Onion, chopped
Green pepper, chopped
Flour
Chicken stock
Top milk
Salt
Paprika
Chicken, boned and cubed 1/

Amounts for
100 portions

1 pound, 8 ounces
3 quarts
4 ounces
4 ounces
1 pound, 8 ounces
9 quarts
3 quarts
2 ounces
1 tablespoon
10 pounds



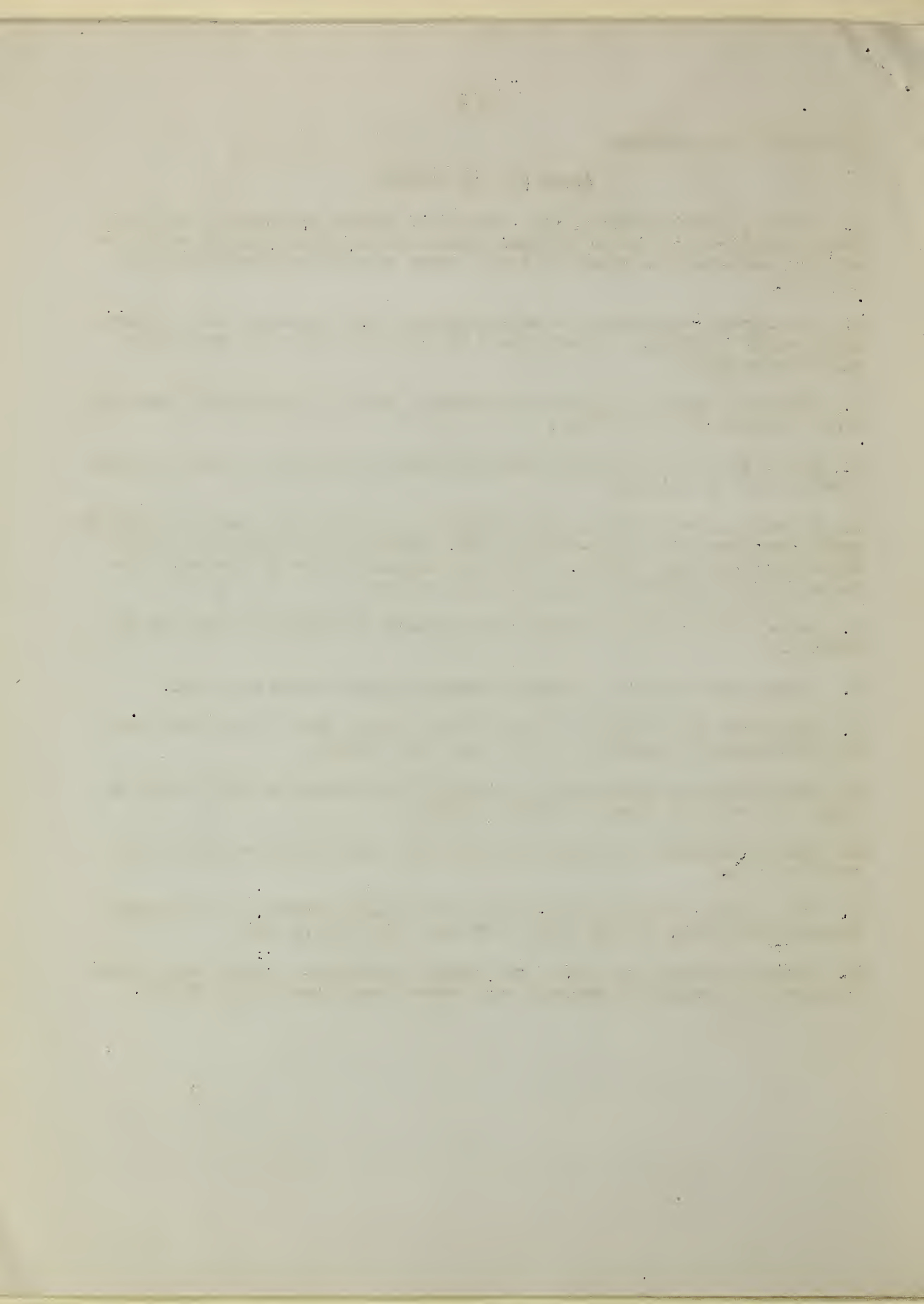
1/ One 5- to 6-pound chicken will yield about 1-1/4 pounds of boned meat.

1. Cook the diced vegetables in the hot fat for 5 minutes.
2. Stir the flour into the vegetables blending thoroughly.
3. Add the broth and top milk slowly, stir constantly, and cook the sauce until thickened.
4. Season the sauce with salt and paprika.
5. Add the cubed chicken to the sauce and heat thoroughly.
6. Serve on hot biscuits, steamed rice, noodles, or crisp toast.

POST THIS IN YOUR STOREROOM

GUIDE FOR DRY STORAGE

1. Cereals, cereal products, dry vegetables, spices, condiments, and canned goods should be kept in dry storage. Canned citrus fruit juices are an exception, and should be placed in refrigerated storage as soon as they are received.
2. Dry storage rooms should be well-ventilated and maintained at a temperature of 60° to 70° F. Windows should be screened, and walls and floors should be ratproof.
3. Provisions should be placed on shelves or stacked on platforms raised at least 6 inches above the floor.
4. Stores should not be placed directly against walls but at least a 2-inch leeway should be allowed.
5. Cereals, cereal products, dry vegetables, and beverages should be held in metal containers with tight-fitting lids. Garbage cans mounted on rollers may be used for this purpose. Containers should be clearly labeled. Products should be inspected frequently for insects.
6. Canned goods should be marked with the date of delivery and the stock rotated.
7. Canned goods should be inspected frequently for swells and leaks.
8. Evaporated milk should be placed in the coolest part of the storeroom. The cans should be inverted at least once in 3 months.
9. Foods packed in glass should be kept in closed boxes as light tends to injure the color and flavor of these foods.
10. Case goods should be removed from the case before they are taken from the storeroom.
11. Flour sacks should be cross-stacked on a raised platform to facilitate proper ventilation. Do not stack them more than 6 tiers high.
12. Storerooms should be cleaned and sprayed regularly. Special care should be given to cleaning and spraying dark corners and spaces under shelves.



MENUS

These menus suggest the use of foods in abundant supply which are indicated by asterisks.

1.

Roast lamb
Oven-browned potatoes*
Buttered broccoli
Enriched bread with butter
or fortified margarine
Sliced oranges*
with custard sauce
Beverage

3.

Braised chicken*
Mashed potatoes*
Buttered green beans
Enriched rolls with butter
or fortified margarine
Deep dish apple pie
Milk

5.

Beef stew with potatoes,*
onions, carrots
Sliced orange* salad on
leaf lettuce
Enriched bread with butter
or fortified margarine
Warm gingerbread with
whipped cream
Milk

7.

Meat loaf with sweet relish
Scalloped potatoes*
Glazed carrots
Whole-wheat bread with butter
or fortified margarine
Caramel custard*
Beverage

2.

Chili con carne
Baked squash
Mixed green salad with chopped eggs*
Whole-wheat bread with butter
or fortified margarine
Fruit cup
Milk

4.

Spanish omelet*
Baked potato*
Buttered spinach
Whole-wheat bread with butter
or fortified margarine
Coffee ice cream
Milk

6.

Frankfurters
Hot potato* salad
Buttered cabbage*
Enriched bread with butter
or fortified margarine
Sweet potato pie
Beverage

8.

Fried egg* and
Canadian bacon
Hashed brown potatoes*
Cabbage* and green pepper salad
Enriched rolls with butter or
fortified margarine
Chocolate layer cake
Milk

9.

Savory creamed chicken*
on biscuits
Baked sweetpotato
Buttered green peas
Enriched bread with butter
or fortified margarine
Fruited gelatine
Milk

11.

Fish cakes with egg* sauce
Cole slaw*
Buttered carrot strips
Whole-wheat bread with butter
or fortified margarine
Sponge roll with orange* cream
filling
Beverage

13.

Braised calves' liver
Parsley-buttered potatoes*
Cabbage* and carrot salad
Whole-wheat bread with butter
or fortified margarine
Chocolate pudding
Milk

10.

Pot roast of beef
Steamed potatoes*
Buttered spinach
Whole-wheat bread with butter
or fortified margarine
Ice Cream
Beverage

12.

Braised pork chop
Potatoes* au gratin
Buttered green beans
Enriched bread with butter
or fortified margarine
Lemon meringue pie
Beverage

14.

Boston baked beans with salt pork
Shredded cabbage* and tomatoes
Tossed green salad
Enriched bread with butter or
fortified margarine
Peach cobbler
Milk

15.

Roast veal with dressing
Mashed potatoes*
Buttered green peas
Enriched bread with butter
or fortified margarine
Fruit cup with spice cookie
Milk

